



**There is  
something for  
everyone who  
is 60 years or  
older!**



**For information on  
your local  
senior center and  
other services call:**

**1-800-AGE-LINE  
(1-800-243-5463)**

**[AlabamaAgeline.gov](http://AlabamaAgeline.gov)**





## What is the Elderly Nutrition Program?

The Elderly Nutrition Program provides seniors nutritious meals and the opportunity to be active and build new friendships. A variety of services are provided at local Senior Centers in a social meal setting. In some areas, a meal delivery program is available for homebound seniors who qualify.



## Who can participate in the Elderly Nutrition Program?

- ◆ Anyone who is 60 years or older
- ◆ The spouse of a participant regardless of age.
- ◆ Individuals with disabilities living with an older adult and accompany them to the Senior Center.
- ◆ Individuals with disabilities under the age of 60 who reside in a living community where the Elderly Nutrition Program is provided.



## Why go to your local Senior Center?

- ◆ Daily fun activities
- ◆ Nutritious meals
- ◆ Free health screenings
- ◆ Special planned outings
- ◆ Build new friendships and much, much more!



## What is the cost?

There is no charge for the meals. Contributions are gratefully accepted.

